

## **STUDENT WELLNESS**

Sherburne-Earlville Central School is committed to providing a school environment that promotes and protects children's health, well-being and ability to learn by supporting healthy eating and physical activity. The school district will engage students, parents, teachers, food service professionals, health professionals and other interested community members in developing, implementing, monitoring and reviewing, District-wide nutrition and physical activity policies and procedures.

The Board of Education adopts the following:

### **I. Foods and Beverages Available to Students on School Campus During the School Day:**

The Board recognizes that a nutritious, well-balanced, reasonably-portioned diet is essential for student wellness. To help students possess the knowledge and skills necessary to make nutritious food choices for a lifetime, the district shall ensure that all foods and beverages available in school promote good nutrition, balance, and reasonable portion sizes. The district shall also ensure that all foods and beverages available for sale to students on the school campus during the school day meet the program requirements and nutrition standards found in federal regulations.

To accomplish this, the Board directs that the district serve healthy and appealing foods and beverages at district schools, following state and federal nutrition guidelines, the U.S. Dietary Guidelines for Americans, as well as safe food preparation methods.

#### **A. School Meals – the district shall:**

1. Include fruits, vegetables, salads, whole grains, and low fat items at least to the extent required by federal regulations.
2. Encourage students to try new or unfamiliar items.
3. Make efforts to ensure that families are aware of need-based programs for free or reduced-price meals and encourage eligible families to apply.
4. Consider serving produce and food from local farms and suppliers.
5. Make free drinking water available at locations where meals are served.
6. Provide adequate time to eat in a safe and pleasant setting.
7. Schedule lunchtime between 10am and 2pm.

#### **B. Foods and Beverages Sold Individually (e.g., a la carte, vending machines, school stores) the district shall:**

1. Ensure that all such items meet the nutrition standards set in federal regulations for competitive foods regarding whole grains, fruits, vegetables, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
2. Permit the sale of fresh, frozen canned fruits and vegetables, if processed pursuant to federal regulations, as exempt from the nutrition standards.
3. Work with existing vendors or locate new vendors to encourage compliance with the nutrition standards.

### **C. Fund-raising activities:**

1. Ensure that all fundraisers selling food or beverages to students on school campus during the school day meet the competitive foods nutrition standards set in federal regulations for whole grains, fruits, vegetable, calories, fat, saturated fats, trans fats, sugar, sodium, and caffeine.
2. Promote non-food items to sell, or activity (physical or otherwise) in which to participate.
3. Student groups and outside organizations (e.g., parent groups, booster clubs) conducting fundraisers off campus or outside the school day are encouraged to follow the District policy regarding nutrition standards.

### **D. School and Class parties and events where food and beverages are provided but not sold:**

The district shall promote the use of food and beverage items which meet the standards for competitive foods and beverages, promote non-food activities and discourage foods and beverages which do not meet those standards at celebrations.

### **E. Marketing of food and beverages:**

1. Any food or beverage that is marketed on school grounds during the school day must meet at least the federal nutrition standards for competitive items. This restriction applies to all school buildings (interior and exterior), school grounds, school buses and other vehicles used to transport students, athletic fields, structures, parking lots, school publications, and items such as vending machines, equipment, posters, garbage cans, or cups.
2. Marketing includes all advertising and promotions: verbal, written or graphic, or promotional items.
3. This restriction applies to all purchases made after the effective date of this provision.

## **II. Physical Activity**

Physical activity is an important factor in staying healthy and being ready to learn. The Board encourages every student to develop the knowledge and skills necessary to perform a variety of physical activities, to regularly participate in physical activity, and to appreciate and enjoy physical activity as an ongoing part of a healthy lifestyle. In addition, staff, families and community are encouraged to participate and model physical activity as a valuable part of daily life. The District's Physical Education program shall adhere to the curricular requirements of the Commissioner of Education and the New York State Learning Standards.

#### A. Physical Education

1. Students shall engage in physical education.
2. Physical Education classes shall incorporate the appropriate NYS Learning Standards.
3. Physical Education shall promote, teach and provide opportunities to practice activities that students enjoy and can pursue throughout their lives (e.g., yoga, fitness walking, swimming, bowling, cross-country skiing).
4. The performance or withholding of physical activity shall not be used as a form of discipline or punishment.

#### B. Recess

1. A daily allotment of recess time for elementary school will be maintained.
2. Recess shall not be used for punishment or reward.
3. Consider scheduling recess before lunch.
4. Recess will be held outdoors when the weather permits.

#### C. Physical activity in the classroom:

1. The District shall promote the integration of physical activity in the classroom.

#### D. Extracurricular opportunities for physical activity:

1. The District shall promote clubs and activities that meet the various physical activity needs, interests, and abilities of all students (e.g., walking, hiking and climbing).

### **III. Nutrition Promotion and Education:**

The Board believes that nutrition promotion and education is a key component in introducing and reinforcing healthy behaviors in students. Nutrition promotion and education that teaches the knowledge, skills, and values needed to adopt healthy eating behaviors shall be integrated into the curriculum. Nutrition promotion and education information shall be offered throughout the school campus including, but not limited to, school dining areas and classrooms.

Staff members who provide nutrition promotion and education shall be appropriately certified and trained. The district's broader Health Education program shall incorporate the appropriate New York State Learning Standards.

The Board's goals for nutrition on promotion and education may include the following: (or include that the district will©)

1. Strive to include nutrition education as part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects.
2. Include enjoyable, developmentally appropriate, culturally relevant, participatory activities, such as contests, promotions, taste testing, farm visits, and school gardens.
3. Promote fruits, vegetables, whole grain products, low fat dairy products, safe and healthy food preparation methods, and health enhancing nutrition practices.
4. Emphasize caloric balance between food intake and energy expenditure.
5. Include lessons regarding media literacy with an emphasis on food marketing.

#### **IV. Other School-Based Activities**

The district may implement other appropriate programs that help create a school environment that conveys consistent wellness messages and is conducive to healthy eating and physical activity. Such activities may include, but are not limited to, health forums or fairs, health newsletters, parent outreach, employee health and wellness activities, limiting the use of food as a reward, reviewing food marketing and advertising in school, hosting or promoting community-wide events.

#### **V. Implementation**

The Board shall designate *the school superintendent* as District Wellness Coordinator responsible for ensuring that the provisions of this policy are carried out throughout the district.

#### **VI. Monitoring and Review**

The District Wellness Coordinator shall report every 3 years to the Board and the public on the implementation and effectiveness of this policy. Every 3 years, the District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the district's wellness activities to determine the extent that the district is complying with this policy, how this policy compares to model wellness policies, and the progress made toward attaining the goals of this policy. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed.

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators, the general public, and the school board shall be provided with the opportunity to participate in the development, implementation and periodic review and update of this wellness policy.

The district shall inform and update the public (including parents, students and others in the community) about the content and implementation of this wellness policy by posting this policy on the District website and in each school lunch area and providing information about new and ongoing wellness policy activities to parents, staff and students.

The district shall monitor and review the implementation and effectiveness of this policy by conducting:

1. Periodic informal surveys of Building Principals, the classroom staff, and school health personnel to assess the progress of wellness activities and their efforts.
2. Periodic checks of the nutritional content of food offered in the cafeteria for meals and a la carte items, and sales or consumption figures for such foods.
3. Periodic checks of the nutritional content of food available in vending machines, and sales or consumption figures for such foods.
4. Periodic checks of the amount of time students spend in Physical Education classes, and the nature of those activities.
5. Periodic checks of extracurricular activities of a physical nature, in the number of offerings and rates of participation by students.
6. Periodic checks of student mastery of the nutritional education curriculum.
7. Periodic completion of relevant portions of the CDC School Health Index.

8. Periodic review of data currently collected by the district, including:
  - a. attendance data, particularly absences due to illness;
  - b. test scores;
  - c. rates of suspension, discipline, and violent acts;
  - d. student BMI (Body Mass Index) statistics, as collected in accordance with the State Department of Health efforts; and
  - e. revenues generated from vending machines and a la carte items.
9. Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts.
10. Periodic review of professional staff development offered which focuses on student wellness.

## **VII. Record Keeping**

The District shall keep records as required by federal regulations, including documentation of the following: this policy; the district's community involvement activities described above; that the policy is made available to the public; the assessments done every 3 years; how the public is informed of the assessment results; when and how the policy is reviewed and updated.